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Tuesday, October 11,
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News worth
sharing.



Airborne.

► The Eskimos' Jason Armstead, centre, is tackled by Saskatchewan Roughriders Cory Huclick, right, and Graeme Bell yesterday in Edmonton.

IAN JACKSON/THE CANADIAN PRESS

Esk lock up playoff berth

The Eskimos earned a playoff spot and share of first place in the CFL's West Division with a 17-1 victory over the Roughriders yesterday. Story, page 21.

Winter of our discontent

► Northeastern Canada warmer, but Western Canada told to expect 'deep freeze' ► City can plan for less snowfall than last year



SHELLEY WILLIAMSON
@METRONEWS.CA

With winter around the corner, Edmontonians can brace for a chillier season this year.

"Looking back at the past five winters, it looks like it's going to continue that trend," said Brett Anderson, meteorologist with AccuWeather.com.

Bundling up will be a must most of the season as the mercury dips two to three degrees below average from December through February — even colder than last year.

"In the past 10 years in Alberta, it will be one of the top two coldest," Anderson said.

Some residents shrugged off the forecast as par for the Alberta course.

"Well, it does make me won-

der at times why I live here," said Vanessa Smith. "But when it comes right down to it, it is Canada and it is what it is. Bundle up and get out there."

Others gave the news an icy reception.

"If it's going to be that cold, by January we will be looking at Hawaii or somewhere warm," said Lana Barr. "Last winter we went to Brazil in the last two weeks of February — when it's that cold you have to break it up."

One bright spot is that colder temperatures make for less of the white stuff, said Anderson.

"But what snow does fall, it's not going anywhere," he added.

Anderson credits a "moderate La Niña," which spurs below-average Pacific sea-surface temperatures, for Mother Nature turning a cold shoulder to the West, with the effects being felt as far as Vancouver and Victoria.

'Tis the Season

- Edmonton saw a record snowfall last winter, with 60 of the 215 centimetres blanketing the city all season falling in January.
- Calgary is expected to be two degrees below average and see more snowfall, whereas Edmonton is expected to experience winter temperatures three degrees below average.
- La Niña, which will bring cold blasts across the western provinces, is also expected to bring "two major snowstorms" to Ontario and Quebec.
- The Prairies are predicted to be drier than average, except southwestern Alberta, which can expect the most snow in the province, said meteorologist Brett Anderson.

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1
news

Not all economic crises are created equal, Allan Small says, and the current market decline is not the same as what happened in 2008. Scan code for story.

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Tomorrow in Metro:

Zombies are invading! Pick up tomorrow's edition to learn everything you need to know about the brain-eating undead, so that you'll be prepared when they come to your city.

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City-dump blaze burns on

► Fire is 'impenetrable,' district chief says ► About 20 to 25 firefighters working two-hour shifts



HEATHER MCINTYRE
@METRONEWS.CA

It could take until today before firefighters put out a blaze that has been raging since Sunday at the Edmonton Waste Management Centre.

"It's a big, confined pile of organic peat, wood and grass. And it just will not go out unless you break down the pile," Greg Flett, the district fire chief, said yesterday.

Heavy machinery was brought in to spread out and move the burning pile as crews attacked it from above on aerial ladder trucks. Flett estimated the pile to be 50 metres by 25 metres deep, and 10 metres high.

"It's going to be a while," he said, after crews

Smoky skies

► Partway through the day yesterday, Alberta Health Services issued a smoke advisory for the City of Edmonton. The wind did shift later in the afternoon, and the smoke is expected to dissipate today.

► Anyone who experiences difficulty breathing should reduce physical activity and stay indoors.

had already been on scene for 18 hours. "The pile is 30 feet high and is probably the size of two buildings."

There is no word on how the fire started, though Flett said matter such as peat can heat internally and ignite on its own.

There have been no injuries or structural damage.



► Fire crews have been battling a fire at the Edmonton Waste Management Centre in the northeast since Sunday evening. Officials expect it to burn into today.

Police probe suspicious weekend death

Homicide and forensics investigators were still on scene yesterday after the city's latest death.

Officers were called to an assault at 86 Street and 117 Avenue at about 3:30 a.m. Saturday and found a 35-year-old aboriginal man in a boarded-up home. He

40

If Saturday's death is ruled a homicide, it will be the city's 40th this year.

died at the scene.

Police interviewed two men, ages 34 and 52, but have not laid charges. All three men are reportedly known to each other and to police.

Anyone with information is asked to call EPS at 780-423-4567.

● METRO

News in brief

Public invited to airport talks

REDEVELOPMENT. Public consultation on the City Centre Airport development starts today, with a meeting at the Clareview Recreation Centre at 6 p.m. For locations of meetings tomorrow and Thursday, go to edmon-

ton.ca/citycentreairport.
● METRO

Downed pilot identified

CRASH PROBE. The pilot who died in a helicopter crash near Drayton Valley on Oct. 5 has been identified as Wade Kinch, 31. There was nothing wrong with the aircraft's engine, officials said, though the investigation is ongoing. ● METRO



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U.K. going after forced marriages

► British move outlined alongside measures to cut immigration rates

Forcing someone into marriage could be made a criminal act under possible changes to British law, Prime Minister David Cameron said yesterday.

Alongside moves aimed at cracking down on sham marriages used to cheat immigration rules, Cameron said he has asked interior ministry officials to discuss creating a new offence aimed at those who force people to marry against their will.

Currently, a potential victim of forced marriage can apply to a court for a protection order, which is

intended to stop intimidation or violence and prevent someone from being sent overseas.

"To force someone into marriage is completely wrong, and I strongly believe this is a problem we should not shy away from addressing," Cameron said in a speech in central London.

Cameron also said he planned to introduce stricter tests for marriage visas, targeting migrants who conduct sham weddings to win access to the U.K.

THE ASSOCIATED PRESS

Sukkah. Celebration



► A woman from the ancient Samaritan community decorates a Sukkah made from fresh fruit for the holiday of the Tabernacles, or Sukkot, in Mount Gerizim, near the West Bank town of Nablus, yesterday.

NASSER ISHTAYEH/THE ASSOCIATED PRESS

Keeping ancient Samaritan traditions alive

The Sukkah is a temporary structure built for the Jewish holiday Sukkot, which the Samaritans will celebrate this morning. According to tradition, the Samaritans are descendants of Jews who were not deported when the Assyrians conquered Israel in the 8th century B.C. Of the small community of around 700 people, half live in a village at Mount Gerizim, and the rest in the city of Holon, near Tel Aviv.

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Boat sinks during family fishing trip

► Rescued women wanted to know, 'Where are our husbands?': Coast guard ► Treated for hypothermia

Seven members of a U.S. family, including a four-year-old girl, survived 20 hours at sea by clinging to their capsized boat and a small cooler after their vessel flipped during a fishing trip off the Florida Keys, officials said yesterday.

A 79-year-old mother of two of the rescued boaters, Zaida San Jurjo Gonzalez, was missing and presumed drowned.

The other women told rescuers they didn't have time to grab life jackets for anyone except the girl when two waves suddenly flipped the boat off Long Key in choppy, rainy waters Saturday afternoon, U.S. Coast Guard Seaman Kendra Graves said.

Warnings

It wasn't clear if the boaters were aware of a small-craft advisory posted early Saturday.

- The advisory had warned of wind speeds of 37-61 km/h and seas 2.1 metres or higher as torrential rains poured over the Keys and South Florida.
- "They shouldn't have been out there," said Robert Dube, a spokesman for Florida Fish and Wildlife.

Jorge Alejo Gonzalez and the two other men tried to help his mother, but she went under the water within minutes, said Florida

Fish and Wildlife Spokesman Robert Dube.

"He could not hold onto his mother and she went under," Dube said.

The boaters quickly drifted apart. The men held on to the boat. The three women and the girl clung to the cooler.

A commercial fisherman saw the capsized boat Sunday morning and rescued the men, Dube said. The women and girl were soon picked up by the Coast Guard, several miles from where the boat had capsized. "They were hanging onto the cooler. It was afloat but its main purpose was to keep them together," Graves said.

THE ASSOCIATED PRESS

Street. Stomp



► Thai mahouts ride their elephants through flooded streets yesterday in Ayutthaya, Thailand. Around 200 factories closed in this central province because of flooding, which is also posing a threat to Bangkok.

PAULA BRONSTEIN/GETTY IMAGES

Bangkok barricaded as floods near

Thai authorities are rushing to build sandbag barricades in Bangkok to protect it from floods that have already killed nearly 270 people across the country.

Hurricane threatens Mexico resorts

Hurricane Jova strengthened to a major Category 3 hurricane yesterday as it marched toward Mexico's Pacific coast, threatening

the idyllic beach resort of Barra de Navidad and one of the nation's biggest cargo ports.

THE ASSOCIATED PRESS

201 Hurricane Jova's maximum sustained winds built to near 201 km/h yesterday.

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METRO WORLD NEWS



► Evie, a chatbot avatar that uses the Cleverbot software.

Cleverbot man's next best friend

- Virtual humans are 'cheaper' and 'more consistent'
- Chatbots are mainly used for customer service

ELISABETH BRAW
EDMONTON@METRONEWS.CA
METRO WORLD NEWS IN LONDON

She's everyone's favourite friend. Always there. No issue is too silly to discuss, and she always has kind, witty or unexpected answers.

That's because she's a computer. More precisely, she's a virtual human (nickname: Cleverbot), a computer program designed to mimic humans and interact with them. "They (people) talk to her for hours, and then they email me and say 'Wow, that was the best conversa-

tion I've had today,'" says her creator, Rollo Carpenter, a British computer scientist.

Welcome to a world where virtual and real humans mix seamlessly.

"In the past, chatbots were only able to answer simple questions, but they're getting smarter," explains Erwin van Lun, CEO of Chatbots.org.





To pass the industry benchmark, known as the Turing Test, a virtual human has to be so convincing that the user can't tell she's not a real person.

And virtual humans are becoming more human-

like. Earlier this month Apple introduced Siri, a voice-recognition system that functions as an iPhone user's virtual assistant, scheduling appointments, looking up restaurants and providing gentle reminders all inside the iPhone.

In the future, predicts Carpenter, Siri-like virtual assistants will be our friends. "We may even have them implanted as a chip in our brains," he says. "You'll just be able to say, 'What was that movie I saw the other night?' and your friend inside your brain will tell you."

Market moment

TSX	Dollar	Oil	Natural gas
			
11,588.36 (Friday's close)	96.31¢ US (Friday's close)	+ \$2.43 US (\$85.41 US)	1,000 cu ft \$3.541 (+ 6.0¢)
			Gold \$1,670.80 (+ \$35.00)

Markets in Canada were closed yesterday for the holiday.

Netflix scraps split

Netflix Inc. is abandoning its widely panned decision to separate its DVD-by-mail and Internet streaming services because it would make them more difficult to use. Subscribers will be able to use both services under one account and one password, CEO Reed Hastings said yesterday in a blog. **THE ASSOCIATED PRESS**

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WHAT'S IN A MAIDEN NAME?

SHE SAYS ...

JESSICA NAPIER
METRO



I used to hate my surname. I would groan every time I had to explain that no I am not French and it's pronounced NAY-pee-ur not NAAAA-pee-er. As a child I longed for a simple last name, something solid and sensible like Barber or West. But as time went on, I grew to love my slightly unusual moniker. My name has been with me for 26 years and I'm not quite sure that I'll ever want to give it up.

And yet, I know plenty of women who are more than happy to abandon their surnames the moment they tie the knot.

Every weekend, a growing number of strangers populate my Facebook news feed as each new bride eagerly adopts her husband's name.

Many modern women wrestle with the name-change debate in the months leading up to their nuptials.

Relinquishing your maiden name is hardly the marriage prerequisite it once was, but it still seems to be the cultural norm here in Canada.

"And for the really cynical folk, keeping your maiden name might be the all too obvious choice when you consider the depressing likelihood that your one true love will end up in divorce court."

Some argue that a shared name for both partners builds a cohesive family unit and helps avoid the inevitable conflict over children's names. Plus there's the added bonus of never having to defend yourself against nosy in-laws and acquaintances who just can't understand why you don't want to use your "family name."

Sure there are plenty of reasonable arguments for ditching your surname for his, but isn't this tradition a bit archaic? I can't help but feel like there's a lingering sense of ownership

surrounding the whole thing.

I shudder when I hear a newly-wed couple introduced as Mr. and Mrs. His First and Last Name, as if a change in marital status has resulted in the dissolution of her entire identity.

But let's forget the feminist unease for a moment. Taking your husband's name is also an enormous bureaucratic headache. Changing your name on all of your official documents — passport, driver's licence, health card, credit cards — means lengthy line-ups, stacks of paperwork and a lot of hassle.

And for the really cynical folk, keeping your maiden name might be the all too obvious choice when you consider the depressing likelihood that your one true love will end up in divorce court.

Ultimately, it's a very personal decision and there's really no right or wrong choice — only what's right for you. Unless you've decided to go with a hyphenated compromise. Excellent in theory, but individuals with multiple surnames always end up sounding a bit too much like law firms.

Read more of Jessica Napier's columns at metronews.ca/shesays



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metropolitanpanel.ca
and take the quick poll

Can Apple survive without Steve Jobs?

63%

YES, HE LEFT
THE
COMPANY IN
GOOD
HANDS



36%

NO, THE
VISIONARY IS
GONE

Letters

RE: John Mazerolle's
column published Oct. 6.
Let's talk birds and bees

While Mazerolle's article is already a somewhat pointless rehash of the tired and overdone issue of talking to teenagers about sex, he worsens the matter with his tactless and failed attempt at wit. In the print version of your paper he suggests warning boys off drinking and sex because this could result in relations with a fat girl and it could be all over the Internet by the following day. I noticed your online version had the decency to remove that paragraph but I was most offended by your print edition.

ELIZABETH DUNGAN, TORONTO

There seem to be a lot of letters being sent in regarding the column.

Have the people sending these in never heard of comedy? Honestly it is intended to poke fun at a subject, not to take it seriously. I happen to be an overweight woman and I did not find this article hurtful, ignorant, rude or offensive. Grow up and learn to take a joke.

When did we turn into a society that's so damn politically correct?

JACKI NORRIS, TORONTO

Gourd. Champ



► Leonardo Urena celebrates after his pumpkin won this year's Half Moon Bay giant pumpkin contest in Half Moon Bay, Calif. yesterday.

PAUL SAKUMA/THE ASSOCIATED PRESS

Photo of the day The award-winning pumpkin weighed 1,704 pounds, making it a new California record. The circumference was 195 inches.

WEIRD NEWS

Fighting evil lands superhero in handcuffs

Instead of the bad guys, it was Seattle's most prolific self-styled superhero that ended up in handcuffs.

Police officers arrested the 23-year-old man who calls himself Phoenix Jones early Sunday after he was accused of assaulting several people with pepper spray. He was booked in county jail on four counts of assault, with arraignment set for Thursday, police said yesterday.

Jones, who wears a black mask with yellow stripes and a bulging muscle bodysuit, said he was only trying to stop a street brawl.

"Just because he's dressed up in costume, it doesn't mean he's in special consideration or above the law. You can't go around pepper spraying people because you think they are fighting," said Seattle police spokesman Det. Mark Jamieson.

Jones has been the most public face of a group of vigilante crime stoppers to show up in Seattle in the last couple of years. His exploits have garnered much media attention, and he's had a camera crew trailing him in recent months.

Peter Tangen, a volunteer spokesman for Jones, said yesterday that police didn't have any interest in the alleged incident, but rather have an agenda against the masked crime fighter.

"They're on a mission to stop Phoenix Jones from what he's doing, which is legal," Tangen said.

THE ASSOCIATED PRESS

Vanasse goes global

- Quebec actress Karine Vanasse has her eye on the big-screen English language market
- Roles in Canadian indie film *I'm Yours* and ABC's *Pan Am* are turning heads outside Quebec

Already established in her home province of Quebec, francophone actress Karine Vanasse set her sights on launching a big screen career in the English-language market and beyond.

She found an agent to help her break into English Canada and the United States and scored her first anglophone leading role outside Quebec with the upcoming low-budget Canadian indie film *I'm Yours*.

But the lanky brunette says it's a small-screen role on the big-budget ABC series *Pan Am* that's proving to be the real key to her bid for global stardom, noting that early international sales have already introduced her to audiences overseas.

"I did a movie in France last (year) ... and they already knew about *Pan Am* — it's been sold everywhere in the world," said Vanasse, whose Canadian film credits include 2009's *Polytechnique* and the just-released bilingual comedy *French Immersion*.

"Hopefully the show will work internationally and if it allows me to have a more international career... it's great to see that's possible."

The vast overseas market for North American TV offers a lucrative launching pad for actors hoping to be known for more than



► Francophone actress Karine Vanasse says her role in ABC's *Pan Am* is proving to be the key to her bid for global stardom.

just small-screen characters, said Elisha Cuthbert, the Canadian star of ABC's *Happy Endings*.

The Calgary-born actress says that's why she's just as concerned about cultivating a foreign following for her ensemble sitcom as she is about netting solid U.S. ratings.

"On a worldwide scale as opposed to just the United States — which is a huge deal — I would think that our international ap-

peal is more important," Cuthbert said in a recent interview while promoting the U.S. series, which airs on Citytv in Canada.

She pointed to the global impact of her long-running spy serial *24*, which scored a healthy international fanbase with its mix of political espionage and family drama.

"24 is what I can kind of relate to — that being such a worldwide success, it opened up the doors to do

film (and was) useful in selling smaller films on an international scale," said Cuthbert, whose big screen vehicles have included *The Girl Next Door*, *House of Wax* and *Old School*.

"I do not underestimate the power of the world seeing the show and liking it and enjoying it because it does definitely make it a lot easier to go out and do other projects."

"The more countries

we're in, the better all around."

Indications are that the foreign sales market is booming. Last month, Time Warner CEO Jeff Bewkes predicted his company would double overseas business in four years as its pay TV networks and shows become more broadly distributed.

And the most recent gathering of MIPCOM, an annual industry event in Cannes geared toward program sales to large European broadcasters, saw a growing prominence of digital platforms hungry for North American content.

Mad Men star Jon Hamm said he was astounded to learn of his show's reach when he went on a press tour last year to France and Germany.

"I think we're in something like 70 countries or something. I don't know the exact numbers but it was eye-opening to me because I was like, 'Holy cow, Turkey! Really? Awesome. Israel? Great,'" Hamm said during a recent stop in Toronto to promote a big-screen romantic dramedy, *Friends With Kids*.

"That's kind of the world that we live in obviously — that entertainment is global now."

"It's not specifically one territory or another, necessarily."

THE CANADIAN PRESS

2

scene

Box office



Boxing robots are the undisputed champions at the weekend box office.

According to studio estimates Sunday, Hugh Jackman's *Real Steel* debuted at No. 1 with \$27.3 million. George Clooney's political saga *The Ides of March* was the runner-up, opening at No. 2 with \$10.4 million. Previous No. 1 movie, *Dolphin Tale*, slipped to No. 3 with \$9.2 million.

THE ASSOCIATED PRESS



Father of Amy Winehouse has memoir due next summer.



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GETTY IMAGES

Ask the doctor

I thought I'd pose to Ozzy a question that was also asked to therapist and columnist Jonathan Alpert. Try to guess who answered what.

- Is it normal that my cat is my best friend?
- A) No, but if your cat is your best friend, great. He won't steal from you. He won't rip you off.
- B) Depends. If your friendship with your cat prevents you from developing human ones, then no, it's not normal.

Answer: A=Ozzy, B=Alpert

30 ROCK,
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WHAT?

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Calling
Dr. Ozzy

► The Prince of Darkness dispenses his own brand of medical advice

PAT
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Ozzy Osbourne may be the last person you'd turn to for medical advice or psychological counselling, but hundreds of fans have thought otherwise, as hard rock's most affable singer recently opened himself up to answering questions for his brand new book, *Trust Me, I'm Dr. Ozzy*.

The book is a perfect mixture of this bat-chomping tongue-in-cheek answering and sincere advice. But one thing Osbourne usually defaults to, in both conversation and in the book, is the phrase, "Go see a f—ing doctor!"

After reading your first book, *I Am Ozzy*, last year, it was amazing to watch the transition from somebody who spent a lot of time talking about feeling so alienated growing up to somebody who is comfortable dispensing medical advice to the masses.

I don't prescribe things to do with medication, or whatever. It's basically common sense. For instance, one guy wrote in and said, "I've just been prescribed this medication, and it says, 'Avoid alcohol when taking this medication,'" and he goes, "What should I do?" ... I say, "Well, either you're a dummy or you do what the bottle says!" ... Most of it is

common sense, but every now and again people go, "I can't tell the doctor about this, he'll think I'm stupid." That's what they're there for!

Maybe it's the anonymity of writing to Dr. Ozzy?

Yeah, but the doctor isn't gonna go, "Oh, we've got one here who has got a pimple on his butt the size of ... a dollar bill! Come on in here!" Doctors have seen far more crude things than I ever have.

How do you decide when you're answering these questions if you're going to be silly or serious?

It depends on the question. ... One guy goes "I'm constipated. I can't go to the bathroom." I just go, "You wrote me asking me about your constipation. If nothing works, you should really go to your doctor."

In this book, there is definitely a lot of stuff about, how did you phrase it? Going to the bathroom.

Oh yeah. I suppose the general public has a fetish with sh—.

I was surprised to learn how much of a hypochondriac you are.

Oh, I'll catch a disease off the TV. If you scratch your nose more than once, I'm sitting there scratching.



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Harry turning heads in Cali

► British prince creating some buzz during his trip to The Golden State

Prince Harry has been in California less than a week and he's already turned heads on two separate outings, according to People magazine.

First, the prince hit up McP's Pub in Coronado, Calif., for a burger and a beer with some pals.

"He was very personable. He was a nice guy, very low-key," the bar's manager tells the magazine.

"A couple of girls wanted to take pictures but they said no."

Also over the weekend, Harry and about 20 friends hit the rooftop lounge at the Andaz Hotel in San Diego, where they caroused and watched the Rugby World Cup in a private cabana.

● METRO



DAVID PARKER, WPA POOL/GETTY IMAGES

► Prince Harry

Rowland was tired of 'little nuggets'

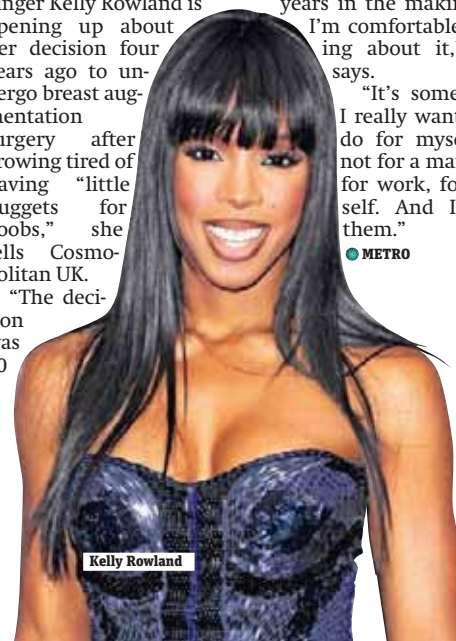
Singer Kelly Rowland is opening up about her decision four years ago to undergo breast augmentation surgery after growing tired of having "little nuggets for boobs," she tells Cosmopolitan UK.

"The decision was 10

years in the making, so I'm comfortable talking about it," she says.

"It's something I really wanted to do for myself — not for a man, not for work, for myself. And I love them."

● METRO



Kelly Rowland

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Brainwave scanner offers cheat-proof concussion test, aimed at sports leagues

The smoker vs the breathing guru

► Can Alan Dolan, who believes in the power of breathing-as-healing, help our habitual smoker? ► We send her to a 'breathwork' session



**ROMINA
McGUINNESS**
LIFE@METRONEWS.CA

METRO WORLD NEWS IN LONDON

Karin Wertemberg is a 26-year-old who has smoked five cigarettes a day for the last three years. She's tried quitting five times before but it didn't stick. Her habit has left her gasping for air when she walks up the stairs, although she considers herself otherwise healthy. So we sent her to Alan Dolan, a "breathing guru" who claims his "breathwork is a powerful and safe way to infuse the body with much needed oxygen and energy thereby enabling our own (often depleted) healing systems to bring about physical, emotional and/or psychological healing." Maybe he can help her breathe better.

Wertemberg had this to say about her session:

"Alan started by loosening up my back, which felt great. Then I started to feel this tinkling feeling. It started somewhere around the upper chest, going out

in the arms and made my head feel really dizzy. For a brief moment it was like I was on the verge of having an anxiety attack. It was like I couldn't breathe, or like having too much wine in one go. The sensation moved out through the arms and into hands and fingers. I could definitely feel some energy flow going around, which was quite scary. Apparently, it was all my own doing. I was told to hold my hands on the lower abdomen, keep my mouth open and inhale deep to inflate the lower tummy like a balloon, then release.

It was hard to keep the breathing constantly flowing and effortlessly let the air out quickly. The breathing helped me relax and unblock tension in the body. Once it was over I felt relaxed and had a greater sense of center and focus. But the next day I didn't feel much different. I feel no change whatsoever in my lungs.

I've smoked a bit less since the session, possibly because (of) the guru."



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BONNIE MUNDAY,
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

Four foods that fight

breast cancer There are some 23,000 new cases of breast cancer in Canada each year, but what you eat can be an important tool in lowering your risk. Here are some examples, rounded up by registered dietitian Matthew Kadey.

Mushrooms: A recent study found

that higher mushroom intake by premenopausal women resulted in a lower risk of breast cancer. Add them to scrambled eggs and stir fries, and chop them finely and add to ground meat for burgers or meatloaf.

Pomegranate: The seeds (also called arils) are high in ellagic acid, an antioxidant that may help inhibit breast cancer development. You can garnish oatmeal or rice with the seeds, or add pure pomegranate juice to smoothies or a glass of water.

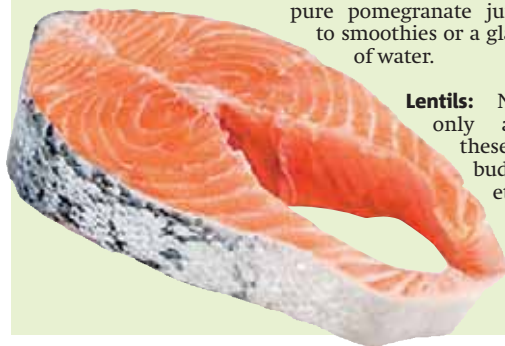
Lentils: Not only are these budget-

friendly and really easy to cook with, they are loaded with folate, fibre and lots of other nutrients that may help stave off breast cancer. Try them in tacos, or toss them with pasta and chopped fresh vegetables for an easy weeknight dish.

Salmon: It's one of the few foods to contain vitamin D in significant amounts, and researchers from Mount Sinai Hospital in Toronto determined that an increased intake of D is associated with a lower risk of developing breast cancer.

Make tonight's dinner a quadruple disease-fighting punch: Grill a salmon steak and have it with a lentil-pomegranate-mushroom stir fry on the side.

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Professionals face life crisis

Dr. Mehmet Oz speaks to Metro



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Dr. Mehmet Oz takes some time away from filming season three of The Dr. Oz Show to answer one big question for us.

What do you think is the biggest health crisis facing young professionals?

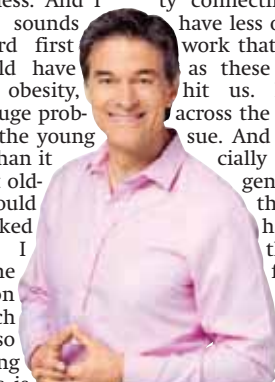
There's no question that there's a massive problem with loneliness. And I know that sounds like a weird first step. I could have picked obesity, which is a huge problem among the young but less so than it

is as you get older. And I could have picked stress, but I think the main reason stress is such an issue for so many young professionals is because of loneliness that so

many feel. And I think social networks have attempted to bring back the connections, but I don't think (they've) really addressed it like (they need) to.

What helps us make sense of suffering and discomfort is the people in our lives. They define our lives. And so if you're a young professional in America and you're having difficulty connecting, then you have less of a social network that supports you as these crises points hit us. Loneliness is across the globe a big issue. And I think, especially for the young generation,

they're going to have to find those tools (to fight it.) It's not going to come through social networks by itself. It's going to take more than that.



Dr. Mehmet Oz

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Jack's badass take on wraps

LUNCH RUSH

CHRISTOPHER THRALL
FOOD@METRONEWS.CA



In the wake of Subway's growth in the '90s, various sandwich

places sprang up. Badass Jack's opened in Edmonton in '97 and has expanded to 16 locations across Alberta and Saskatchewan. The chain set itself apart with a distinctive titular

Badass Jack's Subs & Wraps

10005 170 St.
780-483-0148
badassjacks.com
Licensed: No
Categories: Co-workers or solo
Rating: 3.5 out of 5

mascot (with a fully-developed back story), but relied on serving great, over-stuffed wraps. It has since branched into grilled wraps and rice/noodle bowls.

The wrap itself is still terrific. My soft cheddar tortilla was plump with veggies, roast beef and a delicious pineapple curry sauce (\$7.49). My wife was delighted with her own butter chicken-sauced chicken wrap on whole wheat. Peering up at the image of Badass Jack himself crashing through the ceiling on his motorcycle, I chased each bite with Brisk lemonade (\$2.09).

Sometimes, you just need a quick bite before heading back to work. Jack's serves up some fresh, tasty options quickly and, well, with a double-serving of mascot attitude.



MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients:

- 30 ml (2 tbsp) olive oil
- 15 ml (1 tbsp) smoked paprika
- 10 ml (2 tsp) chili powder

- 10 ml (2 tsp) cumin
- 10 ml (2 tsp) dried oregano
- 10 ml (2 tsp) garlic powder
- 5 ml (1 tsp) cinnamon
- 1 kg (2 lb) ground beef

Traditional chili remixed

► This fall favourite uses a seasonal approach — a diced apple — to moderate the heat of the dish

Chilly fall evenings are a fine time for a spicy bowl of chili. And if it can be thrown together with minimal fuss and time, all the better. This recipe takes 30 minutes to make.

Preparation:

1 In a large saucepan over medium-high, heat oil. Add paprika, chili powder, cumin, oregano, garlic powder and cinnamon. Cook,

stirring constantly, for 30 seconds. Add beef and cook until browned, about 6 minutes.

2 Add apples and onion, then sauté for 5 minutes. Stir in tomato paste, broth and vinegar, then bring to a simmer. Cook, uncovered, for 10 minutes. Season with salt and pepper.

THE ASSOCIATED PRESS

- 2 large cooking apples, peeled, cored and diced
- 1 large yellow onion, diced
- 1 can (156 ml/5 1/2 oz) tomato paste

- 750 ml (3 cups) chicken broth
- 30 ml (2 tbsp) cider vinegar
- Salt and ground black pepper, to taste



SIRI STAFFORD/DIGITAL VISION/THINKSTOCK

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Tracking and managing your family's spending is the first step in reaching any financial goal — whether it's saving money for your kids' education, getting out of debt, or putting money away for a big purchase. myFinanceTracker makes it even easier with graphs and pie charts,

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DEAF OR NOT, CONFIDENCE IS THE KEY TO PICKING UP

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONews.ca

Dear Andrea and Claire, I'm a good-looking deaf man who enjoys going to pubs and nightclubs. I can't hear or speak clearly, but I can read lips fairly well. Very few women I meet know sign language, but I don't only look for someone who can. When I go out, I get attention from women, but I'm not able to ask them for a dance or offer to buy a drink. Do you think that women are afraid to talk to deaf men?

Deaf Romeo

Claire: Dear Deaf Romeo, You sound like you have something that many hearing men don't, and that is courage.

Most of the population finds it hard to meet people in pubs and nightclubs — these are loud, noisy places that don't necessarily bring out the best in people.

Why not try and meet someone while you're doing something you love?

Not only will you in-

crease your chances of meeting a woman with whom you have something in common, but she'll see you at your best, and as an expert at something.

Your deafness may not seem so important once she's seen how well you bowl/rock-climb/paint ...

Please write to us again and let us know how it goes!

Andrea: Dear Deaf Romeo,

In my experience with the male pick-up artist, appearances and even per-

sonality do not determine success.

sonality do not determine success.

Deaf or not, the main reason guys fail miserably in meeting women is often due to a lack of confidence.

Guy who are assertive usually get the girl.

And don't forget that a lot of the communication between a man and a

woman is transmitted wordlessly.

So perhaps you need to look at how you see yourself — are you as confident as you would like to be perceived, and how much of a handicap do

you see your deafness being?

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Date Night



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Ideas for your next date

1 Dive in!

Can't afford a fancy beach getaway? Pretend at a local hotel. Fancy yourself at that exclusive couples resort by booking a pool day pass at a high-end hotel in your city. Swim, sip cocktails, smooch. Repeat.

2 Make a song together

Write your own sweet tune. You don't have to be John Lennon and Yoko Ono to enjoy this date night idea. Bor-

row a friend's guitar or keyboard and pluck away at a mushy song that speaks to your special love.

3 A ducking good time

Pick up a loaf of bread at the store and head to your local park to feed the ducks. Your partner's inner child will be out quicker than you can say "quack"! Also cool: This feel-good date costs next to nothing.

GO TO 2FORCOUPLES.COM FOR MORE DATE NIGHT IDEAS

Letters of love on your big day

The task assigned by the minister ahead of our May 1999 wedding seemed simple enough: a letter from each of us telling why — out of all the possible people in the world — we had chosen to marry each other.

The answer, too, seemed simple: love, of course.

"But you can't use the word love," Rev. Constance Redding Sidebottom said. "That makes it too easy."

Sidebottom, 68, a retired

United Methodist minister and my aunt, always asks couples for wedding letters, and is certain they have transformative power.

"Often weddings are for show," said Sidebottom in Polson, Mont.

"The sacredness is removed by the glitz and the money spent. But when couples are asked to write the letters, they often move to a deeper place. Their effort to be honest and genuine for one another is

honoured by God and made holy."

Beyond the ban on the word "love," Sidebottom has other rules about the letters, which she reads out loud during the ceremony.

Bride and groom are forbidden from sharing their letters with each other ahead of the wedding, and Sidebottom won't officiate without receiving them.

Over her 11 years of full-time ministry, not one person has failed to write the

letter, although some have cut it close, Sidebottom said.

One groom delivered his to her door at 7 a.m. on the day he was to be married.

"Every single bride and groom says they agonize over writing the letters because they understand how important they are," Sidebottom said. Nearly every faith tradition has a well-scripted formula for wedding ceremonies. There are specific prayers to be of-



► When couples write letters to each other to be read during a wedding, it can move the ceremony to a 'deeper place,' according to Rev. Constance Redding Sidebottom.

ferred, scriptural passages to be read and vows to exchange. But the letters bring something different. Through their own words, the couple essentially

writes their own sermon about life, love and their expectations for marriage, Sidebottom said.

JENNIFER DOBNER/
THE ASSOCIATED PRESS

Find security in cash

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



With the Canadian market officially in bear territory last week, down 20 per cent for the year, and global markets not far behind, many investment statements are looking pretty ugly.

Where on earth can we find a safe haven to ride

this one out? I have one. Cash.

Having a portion of your portfolio in cash investments, like GICs, offers a guaranteed return that helps keep your portfolio afloat. Inside a TFSA or RRSP you won't pay tax on the income.

Because rates are so miserably low it pays to comparison-shop. For example, at my bank brokerage the best rate for a one-year GIC issued by the bank was 0.9 per cent last Friday. But there's a little known alternative called third-party GICs.

They are issued by other financial institutions such as credit unions and also available through your brokerage. The top one-year rate I found was 1.75 per cent for an AGF Trust GIC. There is less difference for longer maturities like three and five years.

Treat GICs as a fixed term investment and plan

to hold them until they mature, otherwise you will lose some or all of your interest. There are cashable GICs but they offer lower interest rates.

Another option I really like is the only Canadian money market exchange traded fund (ETF.)

ETFs are investment products — not mutual funds — that simply track an index. They are cheap and transparent.

The Claymore Premium Money ETF is listed on the Toronto Stock Exchange, ticker symbol CRM, and has a management fee of just 0.25 per cent.

You can set up an automatic purchase plan with Claymore to avoid paying a trading commission with each purchase. Go to claymoreinvestments.ca and click on PACC (pre-authorized cash contribution.)

The current yield on CRM is about 1.1 per cent. Not as good as you'd get



from a locked-in GIC but you can make small purchases monthly and the yield will rise in lock step with rates. If you need more information, call Claymore, 866-417-4640.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

DOWN RE: PAYMENTS?

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



Saving for a down payment in a chequing account or hiding cash in a safety deposit box are counterproductive; they earn little to no interest and are too easy to dip into. The best approach is to start saving well in advance using savings vehicles that earn interest, but don't put your funds at risk.

Start thinking about how much you'll need for a down payment. Experts recommend having at least 20 per cent of the home's value. Financial institutions will accept less than 20 per cent down payment but you'll pay a premium for an insured mortgage through Canada Mortgage and Housing Corporation (CMHC).

Check out the insurance rates at cmhc-schl.gc.ca.

Let's say you plan to buy a \$200,000 home in three years and you'd like to save 20 per cent down payment, or \$40,000. There are two savings approaches: first; invest regular monthly amounts by having money automatically transferred from your bank account on payday; or second; invest lump sums each year.

Saving monthly works well when you've got a fixed budget. In this example, you'd need to tuck away \$1,111 per month for 36 months. Saving in lump sum contributions works well when you receive annual bonuses, tax refunds, etc.

Unfortunately there's no easy way to save for a down payment. It takes hard work, determination and frugal living. But, the act of saving helps you form healthy financial habits which you'll need once you're a home owner.

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POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS

in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at
Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

Your money section sponsored by:



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Allan Small
Senior Investment Advisor – DundeeWealth

EDMONTON

Bonnie Doon Campus Park Open House

In the spring of 2010, the City of Edmonton conducted public consultation to explore the use and future development of the Bonnie Doon Campus Park site, located on the southeast corner of 90 Avenue and 83 Street in Idylwyld.

Further work has taken place and the City of Edmonton would like to update you on changes to the concept. The City has drafted an updated Concept Plan that shows a twin arena, parking and community park amenities on the site.

You are invited to drop in and review the proposed park Concept Plan.

Thursday, October 13, 2011

4-8 p.m.

Vimy Ridge Academy, East Gym

Please enter through the southeast gym entrance

8205-90 Avenue

Please note: there will be no formal presentations

This meeting is intended to:

- Present the revised Concept Plan
- Gather feedback from the public

If you are unable to attend the open house and would like to provide feedback online, the concept plan and survey are available on October 13 & 14 at:

www.edmonton.ca/bonniedoocampuspark

For more information regarding this meeting, please contact:

Gary Chung
Community Services
780-442-5421
gary.chung@edmonton.ca

Lee Ann Beaubien
Parks Planning
780-496-1037
leeann.beaubien@edmonton.ca

THE CITY OF
Edmonton COMMUNITY SERVICES



STUDYING STUDY HABITS

DESIGN PICS/STOCK FOUNDRY/VALUELINE/THINKSTOCK

IT TAKES TIME AND EFFORT TO PREPARE FOR YOUR POST-SECONDARY EXAMS

Many students get the midterm blues because they are overwhelmed by the looming midterm exams.

Jackie Stewart, a chemistry instructor at the University of British Columbia, says the first problem she encounters is students who “can’t” learn a subject like chemistry. “They need to have the right attitude and think they can learn the material,” she says.

If you struggled in a subject previously, you will

find it difficult in the future — but you will find it harder if you approach with defeat in your eyes.

Next up is the cognitive aspect — how you think about the material. Stewart advises learning what the criteria are for the test or assignment.

Check out the class’s learning objectives or sample exams and focus on that material. If that isn’t available, just ask the instructor if you are studying the correct material.

“I see far too many students just reading over their notes or textbooks and thinking, ‘I’m ready because I read all of this stuff,’ and they weren’t actually practising on the same kinds of tests that they’re going to be given on the exam,” she says.

Connect the new material to what you already know via “concept maps” that brainstorm how, say, electro felicity relates to nuclear felicity. Summarize the info and then write down everything you know related to the key concept.

The process takes you to understanding from remembering.

MANAGE TIME WISELY

Heather Graham, student academic adviser at Mount Saint Vincent University, says going to university from high school requires developing strong time management skills. “In high school, they’re not on their own,” she says, because teachers and parents play a bigger support role. At university, you’re largely on your own. “We offer a lot of these (time management) sessions for students and they procrastinate and don’t go,” she says. Sign up today.

The last big step is knowing what you know. “All people are really bad at this,” Stewart says.

Look at past tests and take it as evidence of what you don’t know. Learning should be plowing into new territory, so you should feel challenged as you study.

Lana Hastings, vice-president of student services at the University of Winnipeg, says its Take Five program urges students to take breaks to avoid burning out.

For the material itself, Hastings advises seeking help. Student associations often offer free tutoring with senior students.

— Jon Tattrie

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COMSTOCK IMAGES/THINKSTOCK

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"Digital School gives students the hands-on software training they need to gain a professional career as an architectural or engineering computer aided designer right here in Alberta," says Danny Luong, admissions adviser for Digital School.

"Today's employers demand real world technical skills and Digital School gives students mastery of these skills through their daily work of design projects guided by top-notch instructors."

Programs offered include Computer Aided Drafter, Architectural CAD Technician Diploma and the Engineering CAD Technician Diploma with Process Piping Specialty.

Digital School offers students an accelerated one-year diploma program so students are out in the workforce earning money faster. "Every year that you are not working, you are losing income," says Luong.

Classes are full time, a schedule Luong says mirrors what it would be like once you are out working as a full-time designer. Located downtown, it is easily accessible to shopping and transit.

SECURE THAT DREAM JOB

ACADEMY OF LEARNING OFFERS DIPLOMAS IN LESS THAN ONE YEAR

Today's students want a quick education with quality — the Academy of Learning offers both. "Our graduates are able to find jobs in the careers they dreamed about when they came to us, while the dream is still fresh," says Charles Jarvis, operations manager of the Academy of Learning.

The Academy of Learning is a business and career college that offers diplomas in a number of fields in less than a year.

"Our year-round intake and less-than-a-year diploma programs produces qualified, job-ready graduates to meet industry needs," says Jarvis.

Understanding the importance of getting back out in the workforce quickly, the Academy of Learning gives students the credentials, skills and expertise they need to find jobs in today's economy.

"Academy of Learning's learning environment with our unique Integrated Learning System is both accommodating and effective, offering hands-on, self-paced learn-



ACADEMY OF LEARNING PHOTO

WORK AROUND YOUR SCHEDULE

The Academy of Learning understands people are busy and students need a schedule that will fit them. By offering enrolment each week, year round, students will not have to wait until the next semester or worry about waiting lists. Students will not have to worry about fitting school into their lives, since school will work around their schedule.

ing," says Jarvis.

For more information about the school and its locations, visit academyoflearning.com.

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NAIT PHOTO

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Founded in 1970 and operating as a comprehensive academic and research institution, Athabasca University is a public, board-governed, open and distance online university serving more than 38,000 students, including more than 7,700 full-time program students, throughout Alberta,

across Canada and around the world.

AU offers more than 800 courses and programs leading to graduate and undergraduate degrees, certificates and diplomas in the humanities, the social sciences, the sciences, technology, business and the health disciplines.

AU's philosophy of open education is to remove geographical, financial, social and cultural barriers that traditionally limit access to post-secondary achievement.

The quality and flexibility of the school's distance online programs allows students to learn on their terms — anywhere, anytime.

ENTERING THE DIGITAL AGE AT NAIT

STUDENTS CAN FOCUS ON UP TO TWO AREAS OF SPECIALIZATION

Information Technology is really IT, but how do you avoid getting tangled in the web? Digital graphics and rich media design can add Flash, sure, but there's also video production, animation and game design.

NAIT's Continuing Education Digital Media and IT (DMIT) courses will appeal to students looking to enter the new two-year DMIT diploma program. This mix of core and elective credit courses is flexible, allowing students to study parttime toward the DMIT diploma while maintaining full-time employment or working around personal or professional commitments.

Multidisciplinary in its approach, the DMIT program allows students to focus in up to two areas of specialization, including web design, graphic design, rich media design, video production, animation and game design. Classes run an average of five hours per week, and each course lasts four months.

"DMIT offers many skill sets that can be beneficial for the business world," explains Michael Gutierrez, 2011 DMIT graduate and current NAIT Computer Systems Support Technologist. "The reason I was attracted to the program was it provided a high degree of versatility. Another advantage is you receive more job-related technical and practical experience because of its hands-on approach."

By learning from master practitioners in the varied fields, students prepare for the demands of the industry. Spanning a range of career paths from business analyst to visual designer, DMIT courses develop the key skills grads need to work effectively in a range of exciting and innovative careers.

For more and to register for DMIT evening courses, visit nait.ca/dmit or contact the DMIT part-time office at 780-471-6248.

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NAIT'S FLEXIBLE PART-TIME evening and weekend learning options let you work towards a diploma in Digital Media and Information Technology.

Courses in digital media and information technology provided Dale with an opportunity to learn from experienced industry professionals. Dale developed both the foundational skills and the work ethic to be successful in his future IT career.

Digital Media and IT courses offered through NAIT Continuing Education include:

- Communication in IT and New Media
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- Rich Media Design 1
- Web Design 1
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ART OF COMMUNICATION

UNIVERSITY OF ALBERTA PHOTO

STUDENTS WILL LEARN BASICS AT UNIVERSITY OF ALBERTA

The ability to communicate with clients is key in business and the University of Alberta, Faculty of Extension is now offering a program to help workplaces with the art of communication.

"Communication is the basis of every function in any organization. From the mailroom to the CEO, every department, unit and team member must know how to communicate effectively and efficiently," says Jackie Lane, program co-ordinator of Business

Programs, Faculty of Extension, U of A.

The Workplace Communication Series focuses on the important aspects of communication in the business world.

"Practical, relevant and valuable, this training will give students the confidence to move their career to a new level," says Lane.

Students will learn the basics of communication strategies, presentation skills, communicating at all levels of the organization to the art

of business relationships.

"These courses are designed for business professionals from all sectors, government, industry, not for profit, or small to large enterprise, who are interested in enhancing or revitalizing their current knowledge, skills and expertise to increase their competitive edge as well as contribute to the positive enrichment of their corporation's culture and operations," says Lane.

Lane says this series will have

FORGE AHEAD

In business and outside of work, the ability to project confidence is a valuable skill, one that students in the Workplace Communication Series can pick up. The Art of Business Relationships teaches this skill along with proper business etiquette.

The ability to forge ahead in business or be left behind can be a matter of knowing and practising acceptable workplace behaviour.

Don't be left behind.

The course fee is \$465 plus GST and enrolment information is available at extention.ualberta.ca.

students notice an increased job satisfaction, increase in efficiency, productivity and confidence and help with career advancement.

The course is about 50 hours of instruction broken down into four sessions of one- or two-day courses, to minimize the time business professionals have to be away from their offices.

Once completed, students will receive an official 'Completion Notice' to put on their resumé.

Upcoming courses are scheduled in October, November, February and March. For more information, go to the University of Alberta's Faculty of Extension website.

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FIND YOUR INTERESTS

In her third year of university, Jennifer Caron decided to chuck math for psychology because she loved people so much more than numbers.

Today, as a career counsellor at the University of Western Ontario, she happily advises students about the academic choices they are making.

"I often share with students my story so they don't feel bad," says Caron. "It's not that uncommon for students not to know what they want to do."

Research shows that up to 80 per cent of students aren't sure of what they want to major in as they enter college or university, and at least 50 per cent will change streams at least once, maybe more.

If you are thinking about changing majors you need to do some self-exploration, say academic experts. Aptitude tests, career fairs, info sessions and informational interviews with industry leaders are all valuable tools that can help you find the right fit.

Look to your interests, skills, values and personality when deciding what to study. Hard as it may be, try not to be influenced by peers, past teachers and family. Instead, let your passions drive your choice.

"Interest is a good predictor of career satisfaction," says Danica Heidebrecht, an edu-



ISTOCKPHOTO/THINKSTOCK

cational counsellor with SAIT Polytechnic in Calgary. "If you follow what you're interested in, you're more likely to stick with it."

If you're thinking of changing majors, try to make room in your schedule next term so you can take a course in your new area of interest, recommends Quenta Adams, academic adviser at Dalhousie University. That way, you are leaving your options open.

DODGE THAT FALL FUNK

SERVICES AVAILABLE TO BEAT THE MIDTERM BLUES

After the rush of frosh week fades and the excitement of a new year on campus turns into the funk of fall, many students lose momentum. But there are ways to beat the midterm blues.

Lana Hastings, vice-president of student services at the University of Winnipeg, says first-year students are especially prone to midterm blues as the pressures of studies, school, volunteer work and even independent living sink in.

"It's not only hard to juggle everything, but it's very hard to keep up your own mental health, physical health and hygiene at the same time. Usually, one thing drops," she says.

A good first step back into the game is to check out the myriad services you are already paying for with your tuition.

"There is a lot of support on campus that can help them through this,"

Hastings says.

"One obvious example is counselling and career services."

The free drop-in service connects students with peers and professionals to help talk through any particular areas they are struggling with and outline solutions. "It's a great way to have an objective and

confidential perspective," she says. "It's very therapeutic."

Financial aid and food banks are available if that's what's causing your emotional downturn, and many campuses offer childcare to ease that burden.

Another big factor in the fall slump is the sense you have been working for ages and the end is not in sight. Instructors and students can combat this with a thorough review of what has been taught so far and having an open conversation to gather students' opinions about the material covered.

Find out what students are struggling with so the classes can be tailored to address existing weaknesses, rather than going over what is already understood.

The University of Alberta has a radical approach to beating the midterm blues: Massive games of dodge ball. To tackle the slump in February, 2,012 students, staff and alumni faced off with 1,006 balls in the world's largest match.

Frank Robinson, the university's dean of students, said aside from getting into the Guinness World Records, the event also took minds off studies and another endless winter.

"It seems like this semester's never going to end, so we do something that is totally uplifting and fun," he says.

And if anyone fancies taking a shot at their record, Robinson says the U of A is ready to return to the court to defend its title.



HEMERA/THINKSTOCK



DON'T GET SAD

The Canadian Mental Health Association says the fall blues affect everyone, but the shortened days lead to seasonal affective disorder (SAD) in some. "SAD can be a debilitating condition, preventing sufferers from functioning normally," it says. People with mild symptoms should spend more time outdoors or sitting near sunny windows. In severe cases where it leads to thoughts about suicide, the affected should seek professional guidance. There are therapies and medications that can help.

BUILD YOUR SKILLS.

Whether you're someone who wants to explore woodworking or start on some home renovations, you can learn new skills part-time, evenings and weekends with NAIT Continuing Education.

Airbrushing for Teens & Parents [MM505]

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Hand Tools [FDC101]

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Sat, 9:00 am - 3:30 pm
Oct 29 to Nov 5, 2011

Furniture Design & Techniques - Level I [FDC100]

Fee: \$445 Hours: 36
Wed, 6:30 - 9:30 pm and Sat, 9:00 am - 2:30 pm
Oct 26 to Nov 23, 2011

Table Saw [FDC98]

Fee: \$185 Hours: 6
Sat, 9:00 am - 4:00 pm
Nov 19, 2011

Woodworking for Women [FDC51]

Fee: \$445 Hours: 36
Sat, 9:00 am - 3:30 pm
Oct 29 to Dec 3, 2011

Finish Your Basement - Plumbing [HOM30]

Fee: \$290 Hours: 12
Sat & Sun, 8:30 am - 3:30 pm
Oct 29 to 30, 2011

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A Certificate in Furniture Design & Construction is available to those looking to design furniture or construct fine furniture pieces. Courses include Furniture Design & Techniques, Small Table Construction, Small Cabinet Construction, Basic Chair Construction and Furniture Finishing. There's even Woodworking for Women.

"The courses that NAIT offers to the man — or woman — who wants to learn the skills in woodworking or furniture making are remarkable," says Paul Roberts, chair of the NAIT Carpentry and Millwork Department. "We have outstanding instructors who have years of experience and expertise in their trade, and we have up-to-date

equipment for the students to learn on. Our courses are so popular that we have students who continue to come back and do the same course again and again because they learn something new every time."

Trying to hammer out new ideas to complete your own home renovations? NAIT offers courses to help you develop the skills you need to finish your family room, bathroom or even an extra bedroom for the teenagers. Register for one of the courses in Finishing Your Basement I: Framing, Electrical, or Plumbing, and "wow" the family with your newfound skills.

Looking for something a little more concrete to add some pizzazz to your home? Try the Concrete Countertop or Decorative Concrete courses.

NAIT has successfully helped a large number of homeowners learn the skills necessary to construct furniture, tackle repairs and find new enjoyment in handling home maintenance jobs.

To learn more, call 780-471-6248.



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Eskimos punch their ticket

► Edmonton clinches playoff spot in defensive Thanksgiving Day struggle with Riders



The Edmonton Eskimos don't mind winning an ugly game now and then, especially when it gets them into the post-season.

Jerome Messam scored the game's lone touchdown as the Eskimos secured a playoff spot and a share of first place in the CFL's West Division with a 17-1 victory over the Saskatchewan Roughriders yesterday.

The Eskimos, who snapped a three-game losing streak at home, improved to 8-6 on the season, moving into a tie for first with both the B.C. Lions and the Calgary Stampeders.

"Offensively, we'd say winning ugly," Edmonton quarterback Ricky Ray said of the low-scoring game. "Defensively, they are saying it's a beautiful win. We made a lot of mistakes on offence. But it's a huge win for us. We haven't played that well at home. It's great to put ourselves in the playoffs and also to get us back tied for first in the West.



► Eskimos defenders swarm Roughriders quarterback Darian Durant in the second half in Edmonton yesterday.

These last four games are going to be interesting."

Eskimos head coach Kavis Reed said making the second season was just the first step his team wants to take.

"We wanted to give ourselves an opportunity to play the last game of the year in this league and now we've done that," he said. "Now we've got to focus on correcting the

many mistakes that we committed tonight and get strong as a football team and move toward things that we've set out for ourselves in the beginning."

With their third consecutive loss, the Roughriders fell to 4-10 and are now out of the West playoff picture, with only a slim chance of making the post-season

through an Eastern cross-over.

"Our defence played so hard, but on offence, you have to catch the ball when it is thrown to you," said Riders head coach Ken Miller.

"We have to do a better job blocking. We had the beginnings of good drives that didn't materialize into anything because of turnovers.

"It's frustrating because we haven't scored a touchdown in a long time (13 quarters). That's directly attributable to me."

Saskatchewan's usual starting quarterback Darian Durant didn't start the game as he is nursing a sore foot, but came in to replace Ryan Dinwiddie who threw three interceptions.

THE CANADIAN PRESS

4

sports

Quoted



"The gap is so significant that we just can't bridge it at this time. We certainly hoped it would never come to this."

NBA COMMISSIONER DAVID STERN, AFTER CANCELLING THE FIRST TWO WEEKS OF THE SEASON YESTERDAY. THE LEAGUE AND PLAYERS' ASSOCIATION MET FOR MORE THAN SEVEN HOURS YESTERDAY WITHOUT PROGRESS TOWARD A NEW COLLECTIVE BARGAINING AGREEMENT. STERN WARNED PLAYERS AND FANS THAT THE CUTS MAY JUST BE THE BEGINNING.

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	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	3	2	0	0	1	10	8	5	0-0-0-0	2-0-0-1	2-0-0-1	L1
d-Washington	2	2	0	0	0	10	8	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
d-Buffalo	2	2	0	0	0	8	3	4	1-0-0-0	1-0-0-0	2-0-0-0	W2
Toronto	2	2	0	0	0	8	5	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
Philadelphia	2	2	0	0	0	5	1	4	0-0-0-0	2-0-0-0	2-0-0-0	W2
Tampa Bay	3	1	1	0	1	11	11	3	0-0-0-0	1-1-0-1	1-1-0-1	L2
Florida	1	1	0	0	0	2	2	0	0-0-0-0	1-0-0-0	1-0-0-0	W1
Montreal	2	1	1	0	0	5	3	2	0-0-0-0	1-1-0-0	1-1-0-0	W1
New Jersey	2	1	1	0	0	4	5	2	1-1-0-0	0-0-0-0	1-1-0-0	W1
NY Islanders	2	1	1	0	0	2	3	2	1-1-0-0	0-0-0-0	1-1-0-0	W1
NY Rangers	2	0	0	1	1	3	4	2	0-0-0-0	0-0-1-1	0-0-1-1	L2
Boston	3	1	2	0	0	5	4	2	1-2-0-0	0-0-0-0	1-2-0-0	L1
Carolina	3	0	2	1	0	6	13	1	0-1-0-0	0-1-1-0	0-2-1-0	L3
Winnipeg	1	0	1	0	0	1	5	0	0-1-0-0	0-0-0-0	0-1-0-0	L1
Ottawa	2	0	2	0	0	8	11	0	0-0-0-0	0-2-0-0	0-2-0-0	L2

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	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	2	2	0	0	0	8	3	4	1-0-0-0	2-0-0-0	2-0-0-0	W2
d-Dallas	3	2	1	0	0	6	7	4	2-0-0-0	0-1-0-0	2-1-0-0	W1
d-Vancouver	2	1	0	0	1	6	3	2	0-0-0-1	1-0-0-1	1-0-0-1	W1
Nashville	2	2	0	0	0	7	4	4	0-0-0-0	2-0-0-0	2-0-0-0	W2
San Jose	1	1	0	0	0	6	3	2	1-0-0-0	0-0-0-0	1-0-0-0	W1
Edmonton	1	1	0	0	0	2	1	2	1-0-0-0	1-0-0-0	1-0-0-0	W1
St. Louis	2	1	1	0	0	7	6	2	1-1-0-0	0-0-0-0	1-1-0-0	W1
Chicago	2	1	1	0	0	6	4	2	1-0-0-0	0-1-0-0	1-1-0-0	W1
Minnesota	2	1	1	0	0	5	4	2	1-0-0-0	0-1-0-0	1-1-0-0	L1
Los Angeles	2	1	1	0	0	5	6	2	1-1-0-0	0-1-0-0	1-1-0-0	L1
Anaheim	2	1	1	0	0	3	5	2	1-0-0-0	0-1-0-0	1-1-0-0	W1
Colorado	2	1	1	0	0	1	3	2	0-1-0-0	1-0-0-0	1-1-0-0	W1
Phoenix	2	0	1	0	1	4	8	1	0-0-0-0	0-1-0-1	0-1-0-1	L2
Calgary	2	0	2	0	0	5	10	0	0-1-0-0	0-1-0-0	0-2-0-0	L2
Columbus	3	0	3	0	0	6	10	0	0-2-0-0	0-1-0-0	0-3-0-0	L3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results

Vancouver 3 Columbus 2
St. Louis 5 Calgary 2
Colorado 1 Boston 0
Dallas 2 Phoenix 1 (SO)
New Jersey 4 Carolina 2
N.Y. Islanders 2 Minnesota 1
Washington 6 Tampa Bay 5 (SO)

Sunday's results

Edmonton 2 Pittsburgh 1 (SO)
Montreal 5 Winnipeg 1

Saturday's results

Toronto 6 Ottawa 5
Pittsburgh 5 Calgary 3
Boston 4 Tampa Bay 1
Chicago 5 Dallas 2
Detroit 3 Colorado 0
Florida 2 N.Y. Islanders 0
Minnesota 4 Columbus 2
Nashville 4 St. Louis 2
Philadelphia 3 New Jersey 0
San Jose 6 Phoenix 3
Washington 4 Carolina 3 (OT)

At Berlin

Buffalo 4 Los Angeles 2

At Stockholm

Anaheim 2 N.Y. Rangers 1 (SO)

Tonight's games

All Times Eastern

Florida at Pittsburgh, 7 p.m.

Minnesota at Ottawa, 7:30 p.m.

Tomorrow's games

Colorado at Columbus, 7 p.m.

Vancouver at Philadelphia, 7:30 p.m.

Boston at Carolina, 7:30 p.m.

BLUES 5, FLAMES 2

First Period

1. Calgary, Glenncross 2 (Jokinen, Stempniak) 8:03
2. St. Louis, Steen 1 (Arnott, D'Agostini) 18:51
Penalties — Iginla Cal (high-sticking) 3:24,
Iginla Cal (high-sticking) 19:20.

Second Period

3. St. Louis, Shattenkirk 1 (Langenbrunner, McDonald) 3:39
4. St. Louis, Pietrangelo 1 (Berglund, Oshie) 15:30
5. Calgary, Iginla 1 (Giordano, Tanguay) 16:55 (pp)
Penalties — Giordano Cal, Langenrunner STL (roughing) 8:37, Shattenkirk STL (high-stick-ing) 10:44, Nikitin STL (tripping) 16:36.
Third Period
6. St. Louis, Stewart 1 (Pietrangelo) 3:44
7. St. Louis, Arnott 2 (McDonald) 14:22
Penalties — Reeves STL (interference) 2:33,
Moss Cal (tripping) 3:23, Glenncross Cal (slash-ing) 20:00.

Shots

Calgary 7 8 2 17

St. Louis 12 13 10 35

Goal — Calgary: Karlsson (L,0-1-0); St. Louis:

Halak (W,1-1-0). **Power plays (goals-chances)**

— Calgary: 1-3; St. Louis: 0-3.

Referees — Gord Dwyer, Stephen Walkom.

Linesmen — Jay Sharrers, Darren Gibbs.

Attendance — 19,150 (19,150) at St. Louis, Mo.

SCORING LEADERS

	G	A	P
Kessel, Tor	3	2	5
Legwand, Nash	2	3	5
Vanek, Buf	2	3	5
Letang, Pgh	1	4	5
Skinner, Car	1	4	5

MLB PLAYOFFS

LEAGUE CHAMPIONSHIP SERIES

(Best-of-7)

All Times Eastern

AMERICAN LEAGUE

TEXAS (W) VS. DETROIT (C)

(Texas leads series 2-0)

Yesterday's result

Texas 7 Detroit 3 (11 inn.)

Saturday's result

Texas 3 Detroit 2

Tonight's game

Texas (Lewis 14-10) at Detroit (Fister 11-13),

8:05 p.m.

Tomorrow's game

Texas (Harrison 14-9) at Detroit (Porcello 14-9), 4:19 p.m.

Thursday's game

x-Texas at Detroit (Verlander 24-5), 4:19 p.m.

Saturday, Oct. 15

x-Detroit (Scherzer) at Texas, 8:05 p.m.

Sunday, Oct. 16

x-Detroit (Fister) at Texas, 8:05 p.m.

NATIONAL LEAGUE

MILWAUKEE (C) VS. ST. LOUIS (WC)

(Series tied 1-1)

Last night's result

St. Louis 12 Milwaukee 3

Sunday's result

Milwaukee 9 St. Louis 6

Tomorrow's game

Milwaukee (Gallardo 17-10) at St. Louis (Car-penter 11-9), 8:05 p.m.

Thursday's game

Milwaukee (Wolf 13-10) at St. Louis (Lohse 14-8), 8:05 p.m.

Friday's game

x-Milwaukee at St. Louis, 8:05 p.m.

Sunday, Oct. 16

x-St. Louis at Milwaukee, 4:05 or 8:05 p.m.

Monday, Oct. 17

x-St. Louis at Milwaukee, 8:05 p.m.

x — if necessary.

RANGERS 7, TIGERS 3 (11 INN.)

	ab	r	h	bi	Texas	ab	r	h	bi
AJcksn cf	4	0	0	0	Kinsler 2b	5	0	0	0
RSantg 2b	6	0	2	0	Andrus ss	3	1	0	0
DYong lf	4	0	0	0	JHmltn cf	5	1	2	1
Kelly rf-3b	2	0	2	0	MYong dh	5	1	1	0
MiCar 1b	5	1	1	0	ABeltre 3b	5	1	3	1
VMrtnz dh	4	1	0	0	Napoli c	4	1	1	0
Raburn rf-1f	3	1	1	3	N.Cruz rf	4	2	3	3
JHPert ss	4	0	1	0	DWlrf lf	4	0	0	0
Avila c	5	0	1	0	Morind 1b	4	0	0	0
Inge 3b	1	0	0	0					
Dicks ph-rf	2	0	0	0					

Totals 40 3 8 3 **Totals** 39 7 11 7

Texas 200 000 100 00—3

No outs when winning run scored.

E—Moreland (1), DP—Detroit 2, LOB—Detroit 13;

Texas 6, 2B—Kelly (1), Mi.Cabrera (1), Jh.Peralta

(1), J.Hamilton (1), A.Beltre 2 (2), N.Cruz (1).

HR—Raburn (1), N.Cruz 2 (3). S—Jh.Peralta, Inge.

Detroit IP H R ER BB SO

Scherzer 6 6 3 3 1 6

Coke 2-3 0 0 0 0 1

Benoit 11-3 0 0 0 1 0

Valverde 2 1 0 0 1 0

Perry L,0-1

Texas 22-3 4 3 3 4 0

D.Holland 41-3 1 0 0 0 4

Opando 12-3 1 0 0 0 2

M.Gonzalez 0 0 0 0 0 0

Feliz 11-3 0 0 0 0 2

M.Adams W,1-0

T—4:25, A—51,227 (49,170) at Arlington, Texas.

NFL

WEEK FIVE

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
Buffalo	4	1	0	.800	164	120
New England	4	1	0	.800	165	119
N.Y. Jets	2	3	0	.400	121	125
Miami	0	4	0	.000	69	104

SOUTH	W	L	T	Pct	PF	PA
Houston	3	2	0	.600	127	95
Tennessee	3	2	0	.600	105	94
Jacksonville	1	4	0	.200	59	115
Indianapolis	0	5	0	.000	87	136

NORTH	W	L	T	Pct	PF	PA
Baltimore	3	1	0	.750	119	57
Cincinnati	3	2	0	.600	110	94
Pittsburgh	3	2	0	.600	102	89
Cleveland	2	2	0	.500	74	93

WEST	W	L	T	Pct	PF	PA
San Diego	4	1	0	.800	120	109
Oakland	3	2	0	.600	136	133
Kansas City	2	3	0	.400	77	150
Denver	1	4	0	.200	105	140

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
Washington	3	1	0	.750	83	63
N.Y. Giants	3	2	0	.600	127	123
Dallas	2	2	0	.500	99	101
Philadelphia	1	4	0	.200	125	132

SOUTH	W	L	T	Pct	PF	PA
New Orleans	4	1	0	.800	157	125
Tampa Bay	3	2	0	.600	87	125
Atlanta	2	3	0	.400	104	130
Carolina	1	4	0	.200	116	132

NORTH	W	L	T	Pct	PF	PA
Green Bay	5	0	0	1.000	173	111
Detroit	5	0	0	1.000	159	89
Chicago	2	3	0	.400	107	122
Minnesota	1	4	0	.200	111	106

WEST	W	L	T	Pct	PF	PA
San Francisco	4	1	0	.800	142	78
Seattle	2	3	0	.400	94	122
Arizona	1	4	0	.200	96	121
St. Louis	0	4	0	.000	46	113

Byes: Baltimore, Cleveland, Dallas, Miami, St.

Louis, Washington.

Last night's result

Detroit 24 Chicago 13

Sunday's results

Buffalo 31 Philadelphia 24
Cincinnati 30 Jacksonville 20
Green Bay 25 Atlanta 14
Kansas City 28 Indianapolis 24
Minnesota 34 Arizona 10
New England 30 N.Y. Jets 21
New Orleans 30 Carolina 27
Oakland 25 Houston 20
Pittsburgh 38 Tennessee 17
San Diego 29 Denver 24
San Francisco 48 Tampa Bay 3
Seattle 36 N.Y. Giants 25

CFL

WEEK 15

EAST DIVISION							
	GP	W	L	T	PF	PA	P
x-Winnipeg	14	9	5	0	350	326	1
x-Montreal	14	9	5	0	435	342	1
Hamilton	14	7	7	0	395	389	1
Toronto	14	3	11	0	282	400	

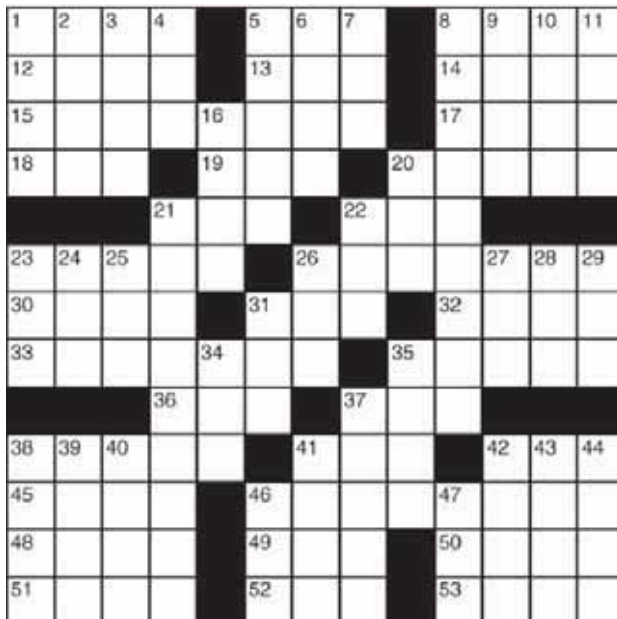
Crossword

Across

- 1 Sculpting medium
5 1/6 fl. oz.
8 "— on first?"
12 Tittle
13 — carte
14 Apiary structure
15 Jungle-like
17 Persia, now
18 Shriek bark
19 Cage component
20 Refine ore
21 Cauldron
22 Two, in Tijuana
23 Chef's garb
26 Broadway presentation
30 Authentic
31 14-Across dweller
32 "The Da Vinci —"
33 Like sorcery
35 "Humpty Dumpty — a wall"
36 Yank
37 Aviv lead-in
38 Denude
41 Dopey companion?
42 "I — Camera"
45 Ice cream shop abbr.
46 Upright
48 Sills solo
49 Type measures
50 Bride's concealment
51 Think (over)
52 Sticky stuff
53 Whirling water

Down

- 1 Urban area
2 Actress Loughlin
3 On



- 4 Mouth, slangily
5 Implied
6 Thick chunk
7 Chum
8 Capricious
9 Employ
10 Elliptical
11 Faxed or emailed
16 Pressing need?
20 "Help!"
21 Governmental
22 Payable
23 Branch
24 Pod occupant
25 Tatter
26 Funnyman Brooks

- 27 Barracks bed
28 Commotion
29 Author Deighton
31 Satchel
34 Coffee holder
35 Denomination
37 Human trunk
38 Con game
39 Via, for short
40 Disturb
41 Showroom sample
42 Scored 100 on
43 Hotel staffer
44 Partner in crime
46 — out (relax)
47 "— Got a Se-

cret"

► Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►

5	1	4	8	7	3	9	6	2
8	3	7	2	9	8	1	5	4
9	6	2	4	1	5	7	3	8
6	8	5	9	2	1	4	7	3
2	7	9	3	5	4	8	1	6
1	4	3	6	8	7	2	9	5
4	5	1	7	3	2	6	8	9
7	9	6	5	4	8	3	2	1
3	2	8	1	6	9	5	4	7

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 6° Max 10°	Min 3° Max 11°	Min 2° Max 11°

Michele McDougall Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 5:30 A.M.



Today's horoscope

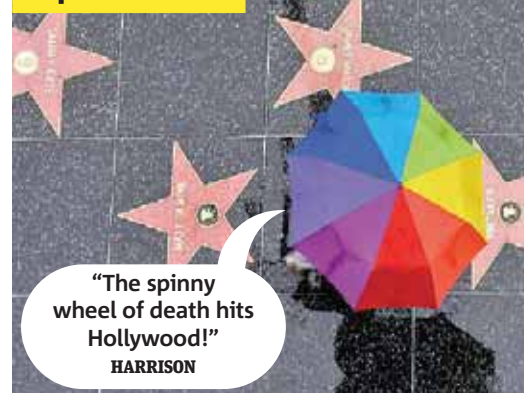
- ♈ **Aries** March 21-April 20 Some people believe that might makes right, but you know better.
♉ **Taurus** April 21-May 21 The important thing now is knowing when to work with other people and when to work against them.
♊ **Gemini** May 22-June 21 You could win big today, but you could just as easily lose everything. Think before you act.
♋ **Cancer** June 22-July 22 Employers and other important people can see you mean business. That's good.
♌ **Leo** July 23-Aug. 23 You will be

- easily provoked today, especially if you think that someone is taking liberties at your expense.
♍ **Virgo** Aug. 24-Sept. 22 Stick to your principles, even if by doing so you lose out financially.
♎ **Libra** Sept. 23-Oct. 23 Some individuals will be difficult to get along with today but you can make things easier for yourself by refusing to get involved in fights or feuds that serve no purpose.
♏ **Scorpio** Oct. 24-Nov. 22 Something will happen today that takes other people by surprise, but you saw it coming.
♐ **Sagittarius** Nov. 23-Dec.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

- ♑ **Capricorn** Dec. 22-Jan. 20 You will have to deal with other people's bullying tactics today.
♒ **Aquarius** Jan. 21-Feb. 18 Do not allow minor events to upset you emotionally. Surround yourself with happy people.
♓ **Pisces** Feb. 19-March 20. If you splash out on a whim now you are sure to regret it when the bills come due at the end of the month.
SALLY BROMPTON

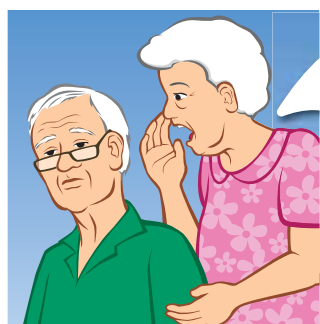
Caption contest



"The spiny wheel of death hits Hollywood!"
HARRISON



WIN! You write it!
Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



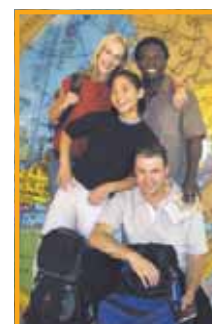
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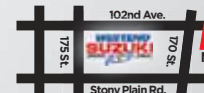
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